

SEPTEMBER 11-12, 2019

BAYFIELD FOODS CSA

Community Supported Agriculture



COMMENTS? QUESTIONS?

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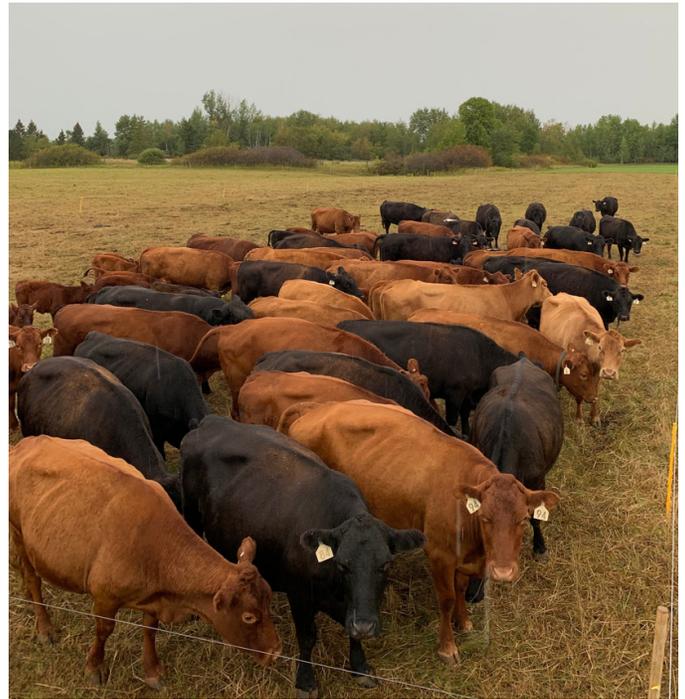
TIM & BECKY MIKA MOONLIGHT MEADOWS FARM

Greetings from the heart of the Marengo Valley! It has been a wonderful summer for raising beef cattle this year as our pastures were strong and currently still producing abundantly. July was hot and a little wet, August was cooler and drier. Every grazing season offers different challenges and successes which is good to keep me on my toes. With the current change in our climate, whether it's man made or just a phase of our Earth's cycle, I am learning how to most effectively adapt my farm management strategies.

Currently, I am noticing a later spring and later fall which limits when I can let my herd out to pasture in the spring but usually allows me to graze deep into the fall months. Being a grass-fed and grass-finished beef farmer allows me to take care of the wonderful creation that has been entrusted to me in my farming profession. Grazing farmland properly is a highly efficacious way to keep more carbons in the soil, build soil fertility, keep needed rain in the soil longer and limit soil erosion keeping our rivers and lakes pristine. Raising grass-fed beef is a way for me to produce an amazingly healthy product while also being responsible with the land.

Now, I would be remiss if I just provided you with the warm and fuzzy side of farming. You, as a CSA customer, not only take part in the "good stuff" i.e. our final product on your home table, but you have additionally bought into the complete idea of supporting small scale, local farming. Farming has many challenges and this past winter was probably the toughest winter in my entire beef farming career. We had several feet of snow and (too many) extremely cold days. pre-place my round bales so I don't have to run a tractor often in the winter (further shrinking our carbon footprint). The snow accumulations became so great this winter, at one point, only the top few inches of my six foot high round bales were
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showing. My beef herd was positioned next to a wood line to stop the harsh winds but it just wasn't enough. Multiple blizzards buried the bales and unfortunately some of the resting cattle too. After the snow melt, I found several animals perished in the winter, buried under the frequent, heavy snows. As a small scale farmer, I cannot afford large barns to house my cattle in the winter not to mention confining animals dramatically increases the risk of illness. As a small scale farmer, every animal loss results in a negative ripple effect for many years. On a positive note, the kiddos embraced the heavy snowfalls tackling the drifts and banks with sleds in hand!



On behalf of my family, I want to thank you, our CSA customer. Your support helps small scale farms, like ours, succeed. I have recently read about many people

who don't value beef animals and feel that certain animals need to be eliminated to combat climate change. There is still a growing perspective that eating beef is bad for everyone and even perspectives that "growing" lab beef will be the cure for many problems. I would just like to educate and assure all our CSA customers that grass-fed beef IS different and how we care for the land as a small scale farmer IS different. We don't need to cut the amount of cattle on the planet but rather how we handle and use them. As one of your beef producers, I will continue to do my best to raise healthy, quality beef cattle for your nourishing meals while also protecting the natural resources entrusted to me for the health of the Earth for generations to come.

Moonlight Meadows Blueberry Burgers

One of our favorite summer meals is grass-fed beef blueberry burgers!

Puree 1/3 C blueberries and hand mix them into 1# ground beef. Hand patty, then lightly salt and pepper with Redmond All Natural (or other quality) salt. Place patties on foil then grill, not hotter than 325* about 6 mins per side. What little juice (fat) you have should run clear but the meat will still appear pink due to the amazing blueberry pigmentation. The blueberries give the beef a slightly sweet taste and helps increase the moisture content of the lean grass-fed beef.

Tomato Soup

A great use for any extra tomatoes you may have....or a good excuse to take advantage of Great Oak Farm's 10# organic tomato special! (Available through Special Order)

- 1 peck tomatoes (about 12 pounds)
- 12 small onions (or 3 regular size onions)
- 1 ½ tbsp salt
- 3 tsp celery salt
- Hand full of parsley flakes

Cook all of the above until tender. Strain, if you wish. Add ½ cup butter. Bring to boil. Mix ¾ cup sugar and ½ cup cornstarch and add to tomatoes. Cook until smooth. Makes 4 quarts.

Weekly Featured Items

From Bayfield Foods CSA Special Order

Fresh Ground Whole Wheat or Rye Flour from Maple Hill Farm

\$7.87/3 lb

Fresh whole grains ground into flour. That's it. So simple and so good. Available in 3 lb bags. **New reduced price!!**



Place Your Order at: www.bayfieldfoods.org/shop-special-order

Savor the Harvest with Bulk Veggies!

Order as many pounds as you need! Great for fresh eating, canning, sauces, salsas, or freezing.

- Tomatillos \$2.50/lb
- Zucchini & Summer Squash \$1.60/lb
- Tomatoes \$25 for 10 lbs.
- Cucumbers \$1.60/lb
- Green Beans \$3.50/lb
- Kale \$3.00/lb
- Green Peppers \$3.80/lb
- Collard Greens \$3.00/lb
- Leeks \$3.20/lb
- Chard \$3.00/lb

Place Your Order at: www.bayfieldfoods.org/shop-special-order

Grilled Elote Bowl

from FullCircle.com

- 4-6 ears of corn
- ¼ cup mayonnaise
- ¼ cup sour cream or Mexican crema
- ½ cup Cotija, finely crumbled, plus more for garnish
- ½ tsp. ancho chili powder, plus more for garnish
- 1 garlic clove, finely minced
- ¼ cup cilantro, finely chopped plus sprigs for garnish
- 1 lime, cut into wedges.



Preheat the grill to medium-high heat. Husk the corn, then grill, turning frequently, on all sides until the kernels start to char, about 5-8 minutes. Once all the corn cobs are done, let them cool slightly, then cut off all the kernels from the cobs. In a medium bowl, combine the mayonnaise, sour cream or crema, Cotija cheese, chili powder, garlic and cilantro. Pour cooked corn kernels into the mixture and toss until the corn is fully coated. (Alternatively, if you want to leave the corn on the cob, spread the mixture on the corn cobs at this step). Pour the corn mixture into serving dishes and sprinkle with more cheese and chili powder. Serve immediately with lime wedges and a sprig of cilantro.

What's In Your Box?

Family Veggie Box

Great Oak Farm

Carrots, Corn, Cherry Tomatoes, Cucumber, Slicer Tomatoes or Cauliflower (Northcroft Farm)

Yoman Farm

Potatoes, Zucchini, Pepper

Twisting Twig Farm

Garlic, Tomatoes

Small Veggie Box

Great Oak Farm

Corn, Slicing Tomato or Cauliflower (Northcroft Farm)

Yoman Farm

Potatoes, Peppers, Zucchini

Twisting Twig Farm

Garlic

Family Meat Box

Heritage Acres

Chicken Breasts

Griggs Cattle Company

Meatballs

Bodin Fisheries

Superior Lake Trout

Small Meat Box

Bodin Fisheries

Superior Lake Trout

Heritage Acres

Chicken Breasts

Plus Items

Heritage Acres

Honey

Happy Hollow Creamery

Cheese

Family Bakery Box

Starlit Kitchen

Blue Horizon Whole Wheat Bread, Global Goji Glory Granola, Marblishous Boule, Big Water Molasses Cookies

Small Bakery Box

Starlit Kitchen

Blue Horizon Whole Wheat, Global Goji Glory Granola

Fruit Box

Bayfield Apple Company

RedFree Apples, Apple Raspberry Jam

Garlic Butter Baked Chicken Breasts

Adapted from *Primavera Kitchen*

INGREDIENTS

- 3 boneless skinless chicken breasts - about 1 lb
- kosher salt and freshly ground black pepper
- 1 teaspoon paprika
- 4 tbsp butter — melted
- 1 teaspoon Italian seasoning
- 1 tablespoon fresh parsley — chopped
- 2 cloves garlic — minced
- 1 tbsp. olive oil — extra virgin

INSTRUCTIONS

Preheat oven to 400°. Season chicken breast with salt, pepper, paprika and set aside. In a small bowl mix together butter, Italian seasoning, parsley, and garlic. Set aside. In a cast iron skillet, heat olive oil over medium heat. When the skillet is really hot add chicken breast. Sear until golden (about 1-2 minutes each side). Pour garlic butter mixture over the chicken breast. Place skillet in the oven and cook until cooked through (about 20-30 minutes or until chicken breasts gets to an internal temperature of 165F). Remove from the oven. Using a spoon, pour some of the butter sauce left in the skillet onto the chicken breast before serving.

Freezer Corn

10 cups corn that is cut off the cob

¼ lb. butter

1 tsp. salt

1 tsp. sugar

1 ½ cup hot water

Boil for 3 minutes. Package and freeze.

